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1. [REDACTED] shortly after the USSR took over Estonia in a deal with the Germans, the Soviet authorities introduced their own physical education curriculum into all physical education teachers' colleges and institutes in Estonia. We at Tartu University immediately noticed a great difference in the emphasis on physical education from the aspect of its use as a weapon of the state rather than from the aspect of a sort of avocation for the people. Specifically, the Soviets laid down the following broad policies to guide us:
- (a) Physical education is directed, promoted, controlled and financed by the State, i e, the Communist Party.
 - (b) The chairman of the committee of physical education has the rights and powers equal to a Minister of the State.
 - (c) Each republic, state, province, town, community, etc, has a physical education committee subordinate to the executive committee of the Council of Soviets.
 - (d) The main objective of physical education in the USSR and, of course, in all its satellites, is simply the physical conditioning of workers and soldiers.
2. The tangible result of the Soviet physical education program is an athletic badge called the "Ready for Work and Defense" badge which is a reward for passing the following subjects and tests:
- (a) Courses in Communist Party history and dialectical materialism.
 - (b) Required subjects - skiing, gymnastics, swimming, rifle shooting, military obstacle courses and one kilometer run. The tests are geared to age groups and applied to all segments of the population. For example, a thirty five year old man is required to run one kilometer in three minutes, ten seconds and to ski ten kilometers in sixty minutes.

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(c) Electives such as dancing, folk singing, special gymnastics, etc.

3. The badge has classifications for both sexes and all ages. Physical tests are required for school children, university students, workers, soldiers, etc; special committees are directly responsible to Party functionaries and army commandants to carry out these tests.
4. Athletes are classified according to their ability. For example, they are introduced as "Ivan Rusky - first class swimmer" or "second class boxer" or "third class gymnast" or "merited athlete of the USSR" or "highly merited athlete of the USSR". The latter are the winners of Soviet and/or international championships or breakers of Soviet and/or world records.
5. A physical education club is a must in each workers' union. The club is centralized just as are the unions and has its headquarters in Moscow. The athletic club "Dynamo", for example, is the sports club for the police of the Soviet Union.
6. Physical education training for teachers is available after graduation from the US equivalent of a high school and consists of a standard four-year course. In the Soviet Union there are seven or eight such higher physical education institutes and in Estonia there is one, namely Tartu University. Each subject or skill has a full professorship for its department, i.e., swimming has a chair with a professor who of course has numerous assistants.
7. Each practical sport subject is geared to military training. The curriculum specified forty hours of work per week and includes, in my opinion, too great a load of theoretical subjects, as psychology, morale building, etc. It includes a summer camp which lasts for eight weeks and a winter camp for skiing which lasts for three weeks. Students get scholarships, including tuition, board, room, books and uniforms. In 1940 in Estonia 100% of the students received scholarships; in 1941 the percentage was dropped to 10%. One prerequisite for admission is a 50-meter parachute jump, taken from a jump platform.
8. All the physical education institutes, both in the USSR and in Estonia; engage in research work, the results of which are published in a monthly magazine. The students' texts are very good and are compiled from the world's best literature on physical education.
9. Intensive propaganda is constantly disseminated in relation to physical education teaching, the idea of which is to inculcate the feeling that Soviet physical education is the best in the world. Constantly, the sports records and coaching and training methods of the US are held up as a target, and everything is geared to catch up and surpass the US in physical education. Good athletes, no matter what their political background, are given scholarships to give them free time to train in order to win. For example, Lennu Lipp, the decathlon champion of the USSR, was a former German secret policeman.
10. Soviet athletes are especially good in ice skating, wrestling, chess, soccer, volley ball, gymnastics, basketball and weight lifting. The Soviet female athletes excel in track and field, gymnastics, ice skating and basket ball.
11. I believe the following antidote best illustrates the real motivation behind the Soviet physical education program.

physical education officials for suggestions for better basketball rules. As the Soviet rules do not provide for time-outs, introduction of a rule to give the players a little rest. The answer was, "Basketball in the Soviet Union is used to train Red Army soldiers for endurance, and time out during the game should not be permitted." time out is also needed to change the strategy of the game. The answer was "during war one has to change strategy under fire."

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